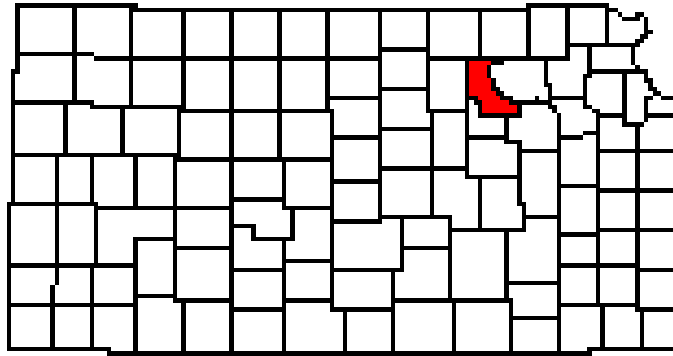


RILEY



Books:

The following Arthritis Foundation books are available at:

Manhattan Public Library

629 Poyntz Ave.

Manhattan, KS 66502

785-776-4741

<http://www.manhattan.lib.ks.us/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties.

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

KSU Life Program

8 Natatorium

Manhattan, KS 66506

<http://www.ksu.edu/kines/life.htm>

CONTACT:

785-532-0704

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

Support Groups:

There are no support groups located in your county. Please see surrounding counties.